"My work explores the delicacy of nature and humankind's place within the ecosystem. Examining the interconnectivity of animal behavior in relation to modern day society, the rhythmic flow of a river and rush hour traffic; it all inspires me to reflect upon the energy that flows in everything around us and how our society reacts to it. This movement is integrated into my process and forms. The impulsive and intuitive style of my practice has a fluid energy that constantly keeps me motivated to explore. Practicing meditation and yoga influences the visual and conceptual manifestation of my work, furthering the exploration of energy flow.

My studio practice is centered around experimentation and discovery, manipulating materials until I find something that feels exciting and worth pursuing. This intuitive process enables me to respond to materials as I work. Discovering methods of structure and attachment have led me to study weaving, textiles, and papermaking. I occasionally incorporate traditional materials such as metal, wood, and glass to further the focus on mixed media. My current body of work is exploring human interactions with each other and the world around them. Examining details like mental health, hierarchy, the inert interconnectivity of all beings and the visual representations of those communications."